

## Staff Updates

Liliana D Ramirez, Brown County FoodWise Nutrition Coordinator

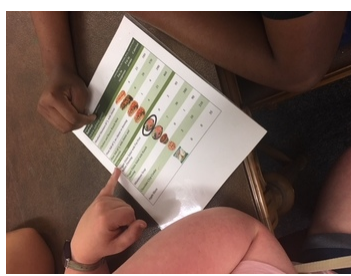
As the new FoodWise Nutrition Coordinator, I'm extremely excited to keep growing our partnerships and empower Brown County residents to help them Make the Healthy Choice the Easy Choice engaging in direct education and in Policy, Systems and Environmental changes.

# Program Updates

We all Rise - FoodWise completed a three series cooking class for youth at "**We All Rise**" to build food literacy skills. Each week the students learned how to prepare a food from another culture: Latina, Native American and Soul Food.

FoodWise taught a series of six in person nutrition lessons to 9 students with disabilities at **West High School**, the curriculum used was, Choose Health: Food, Fun and Fitness, each lesson included interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter. As a result of the participation students learned about healthy eating and active play specifically replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day. This is what the Green Bay West High School Teacher shared about the program: "It is an excellent program. It is not only informative, but thought provoking. It makes students think about what they are eating: portion control

Direct nutrition education happening in **Wellspring** every other Wednesday, the program delivers as an objective to eat more fruits and vegetables, replace refined grains with whole grains, reduce their intake of sugar-sweetened beverages, and practice food budgeting techniques to improve food security and availability of healthy foods.



## Resources for the community

## Why use your QUEST (EBT) Card at Farmers' Markets?

Shopping at your local farmers' market is a great way to find fresh, healthy food and get to know the people who produce it. Farmers' markets thrive on seasonal fruit and vegetables. When fresh produce is in season, it is often at its lowest price. Check on our state website for more information.

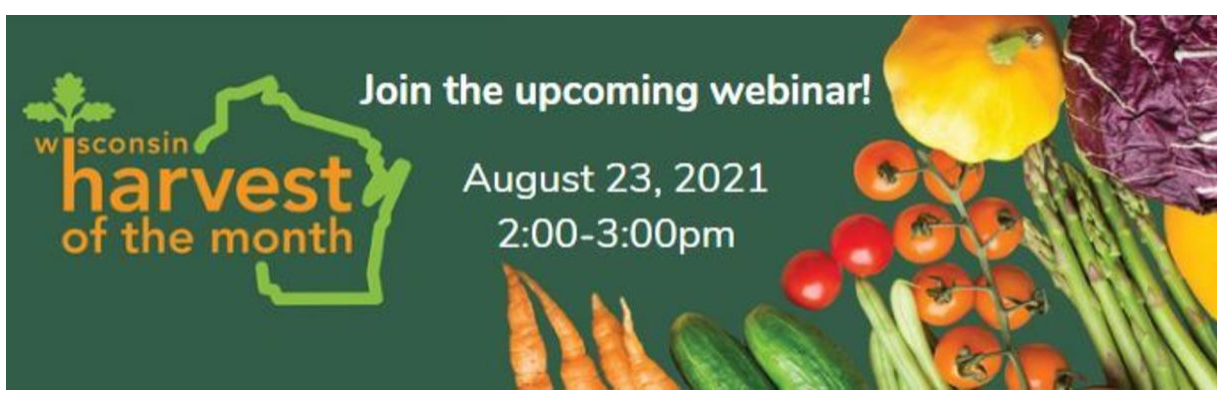
<https://www.foodwisefarmersmarkets.org/>

## Wisconsin Harvest of the Month

The Harvest of the Month webinar is coming up soon and we are very excited about the content and presenters! It is an incredible opportunity to hear from three different organizations (Extension, DPI, DATCP) about how to purchase local foods, integrate them successfully into a school meal program, and celebrate this work through Harvest of Month!

**Date and time:** August 23rd, 2:00-3:00pm

**Registration link:** [https://uwmadison.zoom.us/joining/register/tJUpf-uorZ0sHNytdWR5CmE8ECpkam\\_dQfng](https://uwmadison.zoom.us/joining/register/tJUpf-uorZ0sHNytdWR5CmE8ECpkam_dQfng)



## New on Facebook

Facebook is where we post daily recipes, activities, videos, nutrition tips and Program Success! Follow us and like us on Facebook to get updates from FoodWise Brown County and share to your page.



<https://www.facebook.com/browncountynutrition/videos/412109430067985>



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